

## **ABSTRACT**

The present invention is directed to an outsole for use with a shoe and a shoe having an improved outsole. The outsole includes a forward portion and a rearward portion that are connected by a ball-and-socket connection that allows the portions to move freely. The outsole may include flexible members disposed between discrete pieces of the forward portion to allow these pieces to flex freely. The outsole includes a pair of stabilizer rods. The outsole may be used with a sole construction that includes a gel cushion that is adjacent a transparent window member of the outsole. The outsole has areas of extension for improving the traction and balance of the user.